

Appendix 2: Characteristics of RCTs included in the network meta-analysis of exercise interventions for lower limb OA [posted as supplied by author]

	Setting	Country	Joint	Definition of OA	% with OA	Pain scale extracted	Function scale extracted	Duration of i) intervention & ii) follow-up (weeks)	Type of intervention (sample size at randomisation) & intensity: no. supervised exercise sessions/week		
									Arm 1	Arm 2	Arm 3
Knee OA											
Aglamis 2008 ⁴⁸	State Hospital	Turkey	Knee	Clinical & X-ray	NR	VAS	SF-36	i: 12 ii: 12	Control (17)	F+S+A (17), 3/wk	NA
Aoki 2009 ⁴⁹	Outpatient clinic	Japan	Knee	X-ray	All	VAS	NR	Not reported	Control (19)	F (17), (home only, daily)	NA
Baker 2001 ⁵⁰	Community	USA	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 16 ii: 16	Control (23)	S (23), 3wk: 2/wk 1wk: 1/wk 12 wk: 1/2wk	NA
Bautch 1997 ⁵¹	Community & Clinic	USA	Knee	Clinical & X-ray	All	VAS	NR	i: 12 ii: 12	Control (17)	F+A (17), 3/wk	NA
Bennell 2005 ⁵²	Community	Australia	Knee	Clinical & X-ray	All	WOMAC	WOMAC	I: 12 ii: 24	Control (67)	F+S (73), 4wks: 1/wk 8wks: 1/2wk	NA
Bennell 2010 ⁵³	Community	Australia	Knee	Clinical & X-ray	All	WOMAC	WOMAC	I: 12 II: 13	Control (44)	S (45), 5wk: 1/wk 7 wk: 1/2wk	NA
Borjesson 1996 ⁵⁴	Clinic	Sweden	Knee	X-ray	All	Pain during walking	NR	i: 5 ii: 5	Control (34)	F+S, 3/wk (34)	NA
Brismee 2007 ⁵⁵	Community	USA	Knee	Clinical	All	WOMAC	WOMAC	i: 12 ii: 15	Control (19)	F+S (22), 6wk: 3/wk	NA
Chaipinyo 2009 ⁵⁶	Community	Thailand	Knee	Clinical	All	KOOS	KOOS	i: 4 ii: 4	F (24) home only: 5/wk	S (24), home only: 5/wk	NA
Dias 2003 ⁵⁸	Geriatric outpatient clinic	Brasil	Knee	Clinical	All	Not reported	Lequesne index	i: 6 ii: 6	Control (25)	F+S+A (25), 2x ex & 3x walking /wk	NA
Ettinger 1997 ⁵⁹	Community	USA	Knee	X-ray	All	Knee pain intensity	Self-report physical disability	i: 78 ii: 78	Control (149)	A (144), 3 months: 3/wk	S (146), 3 months: 3/wk
Farr 2010 ⁶⁰	Community	USA	Knee	Clinical & X-ray	All	WOMAC	NR	i: 39 ii: 39	Control (98)	F+S+A only (95), 3/wk	F+S+A 3/wk & control (100)
Fransen 2001 ⁶²	Clinic	Australia	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 8 ii: 8	Control (43)	Individual F+S+A (43+19), variable	Group S+F+A (40+19), 2/wk

	Setting	Country	Joint	Definition of OA	% with OA	Pain scale extracted	Function scale extracted	Duration of i) intervention & ii) follow-up (weeks)	Type of intervention (sample size at randomisation) & intensity: no. supervised exercise sessions/week		
									Arm 1	Arm 2	Arm 3
Gur 2002 ⁶⁵	Not reported	Turkey	Knee	Clinical & X-ray	All	VAS	Sum of 5 VAS	i: 8 ii: 8	Control (6)	Concentric S (9), 3/wk	Eccentric S (8), 3/wk
Halbert 2001 ⁶⁶	Community	Australia	Knee	Clinical	All	WOMAC	WOMAC	i:26 ii: 52	Control (32)	A (37), 3x in 6 months	NA
Hay 2006 ⁶⁹	GP	UK	Knee	Clinical	NR	WOMAC	WOMAC	i: 10 ii: 52	Control (108)	F+S+A (109), 3–6x in 10 wk	NA
Huang 2003 ⁷²	Orthopaedic clinic	Taiwan	Knee	Clinical & X-ray	All	VAS	Lequesne index	i: 8 ii: 52	Control (33)	S (33), 3/wk	NA
Huang 2005 ⁷³	Hospital clinic	Taiwan	Knee	Clinical & X-ray	All	VAS	Lesquesne index	i: 8 ii: 8	Control (30)	S (30), 3/wk	NA
Hurley 2007 ⁷⁵	Community	UK	Knee	Previously diagnosed	All	WOMAC	WOMAC	i: 6 ii: 26	Control (140)	F+S+A (146), 2/wk	NA
Keefe 2004 ⁷⁶	Community & Clinic	USA	Knee	Clinical	All	AIMS	NR	i: 12 ii: 12	Control (18)	F+S+A (16), 3/wk	NA
Kovar 1992 ⁷⁷	Community & Hospital	USA	Knee	Clinical & X-ray	All	AIMS	AIMS	i: 8 ii: 8	Control (50)	F+S+A (52), 3/wk	NA
Lee 2009 ⁷⁸	Health care centre	Republic of Korea	Knee	X-ray	All	WOMAC	WOMAC	i: 8 ii: 8	Control (15)	F+S (29), 2/wk	NA
Lim 2010 ⁷⁹	Clinic	Seoul Korea	Knee	X-ray	All	BPI	WOMAC	i: 8 ii: 8	Control (24)	Aquatic: S+A (26), 3/wk	F+S+A (25), 3/wk
Lin 2009 ⁸⁰	Clinic	Taiwan	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 8 ii: 8	Control (36)	F (36), 3/wk	S (36),
Lund 2008 ⁸¹	Community & Clinic	Denmark	Knee	Clinical	All	KOOS	KOOS	i: 8 ii: 20	Control (27)	Aquatic: F+S+A (27), 2/wk	F+S+A, (25) 2/wk
McCarthy 2004 ⁸²	Clinics & GP	UK	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 8 ii: 52	F+S (103), 3x in 8wk	F+S+A (111), 2/wk	NA
Messier 2004 ⁸³	Community	USA	Knee	X-ray	All	WOMAC	WOMAC	i: 78 ii: 78	Control (78)	S+A (80), 4 months: 3/wk	NA

	Setting	Country	Joint	Definition of OA	% with OA	Pain scale extracted	Function scale extracted	Duration of i) intervention & ii) follow-up (weeks)	Type of intervention (sample size at randomisation) & intensity: no. supervised exercise sessions/week		
									Arm 1	Arm 2	Arm 3
Mikesky 2006 ⁸⁴	Community	USA	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 52 ii: 130	S (113), month 1–3: 2/wk, month 4–12 decreasing intensity	F (108), month 1–3: 2/wk, month 4–12 decreasing intensity	NA
O'Reilly 1999 ⁸⁶	General practice	UK	Knee	Not reported	NR	WOMAC	WOMAC	i: 12 ii: 26	Control (78)	S (113), 4x over 3 months	NA
Peloquin 1999 ⁸⁸	Community	Canada	Knee	Clinical & X-ray	All	AIMS2	NR	i: 12 ii: 12	Control (65)	F+S+A (59), 3/wk	NA
Quilty 2002 ⁸⁹	A large community cohort study	UK	Knee	X-ray	All	VAS	WOMAC	i: 10 ii: 52	Control (43)	S (44), 1/wk	NA
Rogind 1998 ⁹¹	General Practice	Denmark	Knee	X-ray	All	11-point pain scale	Not reported	i: 13 ii: 52	Control (13)	F+S (12), 3 months: 2/wk	NA
Salli 2010 ⁹²	Clinic	Turkey	Knee	Clinical & X-ray	All	VAS	WOMAC - physical functioning	i: 8 ii: 20	Control (24)	S (23), 3/wk	NA
Schilke 1996 ⁹³	Clinic	USA	Knee	No reported	All	OASIS	OASIS subscale pain	i: 8 ii: 8	Control (10)	S (10), 3/wk	NA
Silva 2008 ⁹⁴	Outpatient clinic	Brazil	Knee	Clinical & X-ray	All	VAS	NR	i: 18 ii: 18	Aquatic: F+S (32), 3/wk	F+S (32), 3/wk	NA
Talbot 2003 ⁹⁸	Community	USA	Knee	X-ray	All	Pain rating index	NR	i: 12 ii: 24	Control (17)	A (17), 1/wk	NA
Thomas 2002 ⁹⁹	General Practice	UK	Knee	Not reported	NR	WOMAC	WOMAC	i: 104 ii: 104	Control (78)	F+A (235), 4x in 2 months + 6x monthly	NA
Thorstensen 2005 ¹⁰⁰	Clinic	Sweden	Knee	Clinical & X-ray	All	KOOS	KOOS	i: 6 ii: 26	Control (31)	S+A (30), 2/wk	NA
Topp 2002 ¹⁰¹	Community	USA	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 16 ii: 16	Control (35)	S (32), 3/wk	NA
Wang 2009 ¹⁰³	Clinic	USA	Knee	Clinical & X-ray	All	WOMAC	WOMAC	i: 12 ii: 48	Control (20)	Tai Chi: F+S (20), 2/wk	NA

	Setting	Country	Joint	Definition of OA	% with OA	Pain scale extracted	Function scale extracted	Duration of i) intervention & ii) follow-up (weeks)	Type of intervention (sample size at randomisation) & intensity: no. supervised exercise sessions/week		
									Arm 1	Arm 2	Arm 3
Wang 2011 ¹⁰⁴	Community	Taiwan	Knee	Clinical & X-ray	All	KOOS	NR	i: 12 ii: 12	Control (28)	Aquatic: F+A (28), 3/wk	F+A (28), 3/wk
Weng 2009 ¹⁰⁵	Not described	Taiwan	Knee	Clinical	All	VAS	Lequesne index	i: 8 ii: 52	Control (33)	S (33), 3/wk	F+S (33), 3/wk
Williamson 2007 ¹⁰⁶	Waiting list for knee replacement	UK	Knee	Clinical	All	VAS	Oxford Knee score	i: 6 ii: 12	Control (61)	S (60), 1/wk	NA
Yennan 2010 ¹⁰⁷	Out-patient department	Thailand	Knee	Clinical	All	WOMAC	WOMAC	i: 6 ii: 6	Aquatic: F (25), freq. not reported	F (25), 1/wk	NA
Hip OA											
Stener-Victorin 2004 ⁹⁶	Clinic	Sweden	Hip	X-ray	All	VAS	NR	i: 5 ii: 26	Control (15)	Aquatic: F+S (15), 2/wk	NA
Tak 2005 ⁹⁷	Community	The Netherlands	Hip	Clinical	Nr	VAS	NR	i: 8 ii: 21	Control (54)	S+A (55), 1/wk	NA
Lower limb OA, mixed groups											
Cochrane 2005 ⁵⁷	Community & GP	UK	Knee & Hip	GP	All	WOMAC	WOMAC	i: 52 II: 78	Control (159)	Aquatic F+S+A (153), 2-3/wk	NA
Foley 2003 ⁶¹	Community & clinic	Australia	Knee & Hip	X-Ray	All	WOMAC	WOMAC	i: 6 ii: 6	Control (35)	Aquatic (35), 3/wk	S (35), 3/wk
Gill 2009 ⁶⁴	Surgery waiting list	Australia	Knee & Hip	Not reported	80%	WOMAC	WOMAC	i: 6 ii: 15	Aquatic : F+S+A (42), 2/wk	F+S+A (40), 2/wk	NA
Fransen 2007 ⁶³	Community	Australia	Knee & Hip	Clinical	NR	WOMAC	WOMAC	i: 12 ii: 12	Control (41)	Aquatic: S (55), 2/wk	F+S (56), 2/wk
Hale 2012 ⁶⁷	Community	New Zealand	Knee & Hip	Clinical	NR	WOMAC	WOMAC	i: 12 ii: 12	Control (16)	Aquatic F+A (23), 2/wk	NA
Hartman 2000 ⁶⁸	Community & Clinic	USA	Knee, hip, ankle, foot	Clinical & X-ray	All	AIMS	NR	i: 12 ii: 12	Control (16)	F+S (19), 2/wk	NA
Hinman 2007 ⁷⁰	Community	Australia	Knee & Hip	Clinical & X-ray	All	WOMAC	WOMAC	i: 6 ii: 6	Control (35)	Aquatic: S (36), 2/wk	NA

	Setting	Country	Joint	Definition of OA	% with OA	Pain scale extracted	Function scale extracted	Duration of i) intervention & ii) follow-up (weeks)	Type of intervention (sample size at randomisation) & intensity: no. supervised exercise sessions/week		
									Arm 1	Arm 2	Arm 3
Hopman-Rock 2000 ⁷¹	Community	The Netherlands	Knee & Hip	Clinical & X-ray	All	VAS	NR	i: 6 ii: 26	Control (60)	S (60), 1/wk	NA
Hughes 2006 ⁷⁴	Community dwelling older adults	USA	Knee & Hip	Clinical	All	WOMAC pain	WOMAC function	i: 8 ii: 52	Control (100)	F+S+A (115), 3/wk	NA
Minor 1989 ⁸⁵	Clinic	USA	Knee, Hip, Foot (n=80)	GP or rheumatologist (RA)	67% (33%)	AIMS	NR	i: 12 ii: 12	F+S (32), 3/wk	F+S+A (36), 3/wk	Aquatic: F+S+A (47), 3/wk
Patrick 2001 ⁸⁷	Community	USA	Unclear	Clinical	All	HAQ-pain	NR	i: 20 ii: 20	Control (124)	Aquatic: F+S (125), ≥2/wk	NA
Ravaud 2004 ⁹⁰	Rheumatology clinics	France	Knee and Hip	Clinical & X-ray	All	VAS	WOMAC	i: 26 ii: 26	Control (760)	F+S home only (735), 4/wk	NA
Van Baar 2001 ¹⁰²	General Practice	The Netherlands	Knee & Hip	Clinical & X-ray	All	VAS	Observed function	i: 12 ii: 36	Control (102)	F+S (99), 1–3/wk	NA
Wang 2007 ²¹	Community	USA	Knee & Hip	None defined	All	VAS	HAQ	i: 12 ii: 12	Control (21)	Aquatic: F+S+A (21), 3/wk	NA

NR=not reported, A: Aerobic, AIMS: Arthritis Impact Measurement Scales, BPI: Brief Pain Inventory, F: Flexibility, GP: General Practitioner, HAQ: Health Assessment Questionnaire, KOOS: Knee injury and Osteoarthritis Outcome Score, NA: not applicable, OA: OsteoArthritis, OASIS: OsteoArthritis Service Integration System, S: Strengthening, SF-36: Short Form (36), WOMAC: Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC), VAS: Visual Analogue Scale